


NCBC 2010 Spring Rally 50k					
Seq	At	Go	For	On	Comments
1	Start			<b>Life Time Fitness</b>	
2	0.0	Left	0.4	Regency Pkwy	
3	0.4	Straight	1.1	Ederlee Dr	
4	1.5	Left	2.3	Penny Rd (SR 1379)	
5	3.8	Straight	2.3	Penny Rd (SR 1379)	Cross Holly Springs Road
6	6.1	Right	1.7	Blaney Franks Rd (SR 1377)	
7	7.8	Left	1.0	Ten Ten Rd (SR 1010)	
8	8.8	Right	3.4	Lake Wheeler Rd (SR 1375)	
9	12.2	Right	2.9	Hilltop-Needmore (SR 1393)	
10	15.1			Sunset Lake Rd/Bass Lake Rd	SAG - Citgo station
11	15.1	Right	3.2	Sunset Lake Rd (SR 1301)	
12	18.3	Right	0.5	Holly Springs Rd (SR 1152)	
13	18.8	Left	2.0	Kildare Farm Rd (SR 1300)	Cross Ten Ten
14	20.8	Straight	1.1	Kildare Farm Rd (SR 1300)	
15	21.9	Left	0.6	Penny Rd (SR1379)	
16	22.5	Right	1.1	Ederlee Dr	
17	23.6	Right	0.4	Regency Pkwy	
18	24.0			Life Time Fitness	Climb=2,086'
<p>This ride supports <b>The Peloton Project</b> group ride protocol</p> <p><b>Stop at red</b> (Obey traffic lights and stop signs)</p> <p><b>Share the road</b> (Ride two abreast and let cars pass quickly)</p> <p><b>Signal your moves</b> (Behave predictably and responsibly)</p> <p><b>Show the way</b> (Be responsible in leading the pack)</p> <p><b>Speak up</b> (Communicate hazards in group)</p> <p><b>Slide left</b> (Anticipate Left turns)</p>					
For 175 lb rider at 15 mph = 1 hr/36 min at 1,273 Kcal					
Emergency:			911		 <b>White</b>
Rider Assistance:			LTF: 717-377-4840		
			On course: 919-971-7345, 919-793-8110 & 919-604-1744		